RECOVERY KERNEL

IMIVUGIZO IKOMEYE N'UBWOVU BWINSI.

Igihe iyo ibiyobyobye bisigaye ntibiba ikibazo gikomeye.

Ubu buryo bwa gahanda buziguye ku mwihariko no kuri iyo ntambwe y'ibanze itandukanye, kandi ibindi byiciro bya "Recovery Kernel" bigerageza kugera kuri iyi ntambwe ariko atanga ibisobanuro byuzuye: gufata imiryango – cyane cyane benzodiazepines, urwogo, n'imiti y'ubusore – kandi ushobora kubona ko ibyo bintu bifitanye isano na gahinda itaravuyije ivuka mu myaka ya kera, kuva aho umwana akiri muto.

* Gukorerwa ubuzima butunganye (molestation).
* Kugurirwa n'umubyeyi, n’ikigwagizo, igihumbi cy’amazi, cyangwa intoki, mu buryo bwagize icyifuzo cyo guhinduka uburyo bwo kwigisha umwana akaba ubuzima butunganye.
* Kugurirwa n'umuvandimwe cyangwa umukobwa ukuru, – kimwe no gukorerwa ibintu bitamwemererwa, kubakwa, cyangwa guhonyeshwa mu buryo buhoraho – kandi ubu buryo bwo gushyira abantu ku mwanya hose ni by'ukuri kandi bisanzwe, kandi ushobora kutabizi. Ubwubahane bukomeza kugaragara iyo umwana yabaye inyonyinya n'umwana ahandi, aho atabaye n'umuntu w'ikiguzi. Kubana mu rugo aho guhakanirwa, ubwoba, cyangwa gutunganywa byari ibintu bisanzwe. Ubu buryo buvuga ko bityo, kandi butanga icyo gituma: uburwayi bw'imimerere, kandi butanga no uko ivangivu ry'ibiyobyobyo rishobora kubaho, nkuko Protocol 37 yavuze ko buri kirobyobyobo ari ibimenyetso, bidatanga umubabaro.

⚠ IBINDIZI.

Ubu buryo buvuga ku ivangura y'ubutore, harimo no kuvangirwa mu buryo bwo gukorerana imibonero, kandi bigaragazwa neza—bivuga uko ibyo byangiza bitera gufata ibiyobyobye nyuma—ntihagombeyo gusobanurwa amakuru y'ubwa. Niba usomye iki kandi wumva ko ufite imimerere itunganye, bimenywe ko ari uko abantu benshi bagira iyo mvugo; si ikibazo, ahubwo ni ibimenyetso by'uko ugomba guhabwa inkunga n'abaganga, bidatanga amahugurwa yo muri iri dokumenti. Niba uri mu kibazo cyo gukomererwa vuba: umubare findahelpline.com (Inama y’Umuhungu no Gufasha Abantu, uratwariza cyangwa utumira) ushobora guhabwa buri kanya. Umwirindiro w'igihugu wa RAINN ku ivangura y'imibonero ni 1-800-656-4673. Zombi zifite ibanga.

Icyiciro cya 1 — Ibigize Ubuvuguzi.
Uyu mushinga ushobora gukorerwa kuri iyi gahunda.

Protocolo ya 37 (Ubuvugizi bw'ibintu) ivuga neza ko intego ikomeye y'ubuvuguzi bwa Recovery Kernel: itanga umuti, ariko uwo muti si icyakorwa gusa—ahubwo ni igisubizo kisanzwe kidatanga ibyangombwa kandi kigoye, gikoreshwa kugira ngo hagendereho ikibazo. Iyo umuntu yakira umuti runaka, biba birigaragaza ko ari amabwiriza agomba guhuza n'ikibazo cyo kuba. Karita ya Masking Map y'urwo protocolo ivuga neza uko ibindi bitumvikana nk'ibinyobwa bifitanye isano na byo.

Icyiciro cy'ibiyobyobye.	Iyi porogaramu ifasha.	Ibyo ibihindura. (Kugwa ku Bushirikiano 37)
Benzodiazepin.	Ubukomeye bwo gukora ibintu bituma umubiri uruhuka.	Ubwoba, ubwoba, kutakwihagarika—ubwonotwe buhora buri kanya. Ibi bishobora kuba byatewe n'ibintu bifatwa nk'intambara, nka: * Ibihanga mu mubiri (dysregulated stress response axis) * Ubunini bw'ama receptors ya GABA * Ubushake buvuye ku mvandimwe (trauma-induced hypervigilance) itazashobora guhagarara.
Itorero ry'inzoga n'imiti itanga ububabare.	Uruhumyi n'amarema y'ubuzima.	Kwihangayika, imikundano myumvugizi, no gukomerwa n'ibintu byinshi. Ibi bishobora kuba bivuye ku mpamvu z’inyuma, nk'uko amaraso ya cortisol aba hejuru cyane kandi ubwonko bw'ubutware butubahirizwa.
Imiti y'ubuziranenge.	Kwihagarika buri mwiharuro y'imyumvire.	Ubwiza bw'umubiri n'amahirwe y'ubuzima. Ibigororero: ibibazo by'umubiri cyangwa ihinduka ry'imimerere, cyangwa uburakare bwinshi bw'imyemerere bw'ishyaka bugurishwa mu mubiri nk'ubusore buhoraho.
Ibiribati.	Uruvuga rwa signal rwegutsembura.	Kwihangayikirwa cyane, guhagarara, kutagira ubushobozi bwo gutandukanya ibintu. Ibi byakorwa n'ibitekerezo bibura bigaragara kandi bidatanga umusaruro, bigatangirana ntibigende.
Imiti y'ubugingo - kokayini, methamphetamine, amphetamines.	Umwirere w'ubuzima – umwiharuro mwinshi.	Uburorire n'ubutumwa bwo kutagira icyo ushobora kugera ku kigero cyo gukomera. Ibi byakorwa n'ibintu bitandukanye, harimo: ubujinya bw'amahembe, uburyo buvunze bw'oroshye, cyangwa ukundi kwiruka kwa dopamine. Muri iyo myemerere

Icyiciro cy'ibiyobyobye.	Iyi porogaramu ifasha.	Ibyo ibihindura. (Kugwa ku Bushirikiano 37)
		ituruka ku mvura, kandi bigenda ndetse, ibyorezo by'ubuzima bwa kera byatuma umuntu yumva ko agomba kubaho neza no kugira ubwoba buri kanya kugira ngo abashe kwihagarika.
Kratom.	Imikoraniro ebyiri: gukora ibintu by'umutekano ku bice bitari bike, no kugabanyiriza uburemere bw'inzara.	Hagamijwe igiciro cy'ibindi bisanzwe byifashishwa, ibyo bisanzwe bishobora gufasha mu kugabanya ububabaro buvuye ku myemerere ituma umuntu atagira imbaraga (igihe gito) cyangwa ububabaro bwumva umuntu akaba afite mu mubiri n'imimerere ye (igihe kinini). Reba inyandiko y'urugero rwa "Recovery Kernel Kratom Guide" kugira ngo usobanuke neza ibyo byifashishwa bitandukanye, kuko ifite ibisigazwa bitatu by’abakoresha.
Ketamine.	Disosiyasi yuzuye — gukurikira umubiri, akamenyero, n'igihe.	Kwihungabuzwa binyariye, kwiruka burundu mu mutwe kugira ngo ugerage kurohana ibyore by'ubugwari, igikomere, cyangwa icyo usanzwe ushishinjwaho. Igihembo "Ketamine Guide" kivuga iki: umuntu ufata ketamine afite impamvu ze, kandi iyi mpamvu ziba zitandukanye ku bantu batandukanye, kandi zigomba kugenzurwa neza kugira ngo umuntu abeho neza nyuma yo guhagarika gukoresha ketamine. Ibyo bituma umuntu atagire ibyore by'ubugwari yashize mu rwego rwo gutunganya, kandi uwo muntu akeneye kurohana ibyo bikomere ahubwo kugira ngo abeho neza.
GHB / GBL / 1,4-BD	Ubukiragiro buhagaze neza, ubushoborwa bwo kuguma mu marembo, no gukomera cyane kuko ibyo bitumvikana – ni "inyota" myiza kurusha itiyo ya ntibatiye cyangwa ya benzodiazepines.	Ku bamwe, ibi byatanga umugabo ku bintu bisanzwe birimo ubwoba cyangwa gutinda guhita. (Reba Icyiciro 3 hasimbuye). Ku bandi, cyane cyane aho hari ibyago n'ibikorwa byo gukomereza icyiba, uburyo GHB itanga bwo kuguma mu marembo y'uburiro bushobora kuba umugambi wo guhunga burundu ahaho kugira ngo gusa abashe kwihangana - kandi iki gihemu ni cyiza ko gitangwa neza aho kuguhindura, kuko byatandukanya ibintu bisaba mu kurwanya.

Niba ufatanyije n'ubuzima butunguranye cyangwa bugutera ubwoba, kandi usanze imiduri ya benzodiazepine ifite ingaruka zirenze izindi – nk'uko byaba bifatanyaga neza kuko byari "umwirondoro" utagombaga gukoreshwa mu buryo bwo guhuza ibintu – Protocol 37 yagusobanurira ko atari ikintu cy'akazi. Ni ishyirahamwe ry'ubwonotewe bwanyu rigaragaza umuti ukwiriye kugabanyiza urujijo rw'inyuma rwagendaga mu buryo butunguranye kera, kandi utumaze kubyitondera.

⚠ IBINDIZI.

Inyandiko yibutsa ku birungo, amavinyo, n'ibindi bitumvikana ko byaba ibisubizo. Byose mu "Ikarita yo Gushyira Igihembwe" (Masking Map) hejuru bigufitiye kandi bifite agikubiyeho, kuko bisobanura no ku birungo by'inyanga bidatanga ikibazo - amavinyo y'umunsi ushize, ibirungo nyuma y'umurimo, n'ubwiragiro butubahirwa mu muryango kandi ntibugombwa ko bugereranywe.

Ibintu bibiri bigatitsa uburyo twabona iyi kategori, ariko ntibiguce bisobanuke:
* Ubwumvikane: Ibihumbi by'inyanga bifite umubare munini w'imigenekano - imiryango y'inzoberezo "burimwe mu muryango, buri wese akoresha ibirungo kugira ngo abeho" ntibiba gusa uburyo bwumvikane. ariko ni ukubura ubuzima bw'ikizina (iyo gahunda ya GABRA2 itaratanzwe mu gice cyo kuri iyi page), ibi bisobanura ko inshyize y'ibintu byatuma umuntu atagira impungenge zivumbuka, ishobora gutangwa ku muryango nk'umutungo. Ubuvugizi bw'abantu: I miryango isanzwe itanga amakuru make, ivuga ibintu bitari ukuri, cyangwa ntibavuge byinshi ku bushomeri bwo ku nyina cyangwa se ku wahoze ari we nyine— 'iyo ni uko data yishimiraga,' 'yagombaga kunywa vino nyuma y'umunsi yagiye adufasha'— kandi iki gishingo gishobora guhisha ibintu bibiri: ibintu byabaye mu gihe cyo, no kuba ko ubushomeri bwari bufite inshyize. Ibiribwirwaro bidatanga ibimenyetso by’ikibazo, ariko bishobora kugira icyo bigeraho. Protocole ya 37 ibisobanura. Icyo gikenwa ni ko kikwiye kugeraho buri gihe.

Icyiciro cya 2 — Ibyo Uburwayi Bw'Ubwiza Buhuriyeho (Complex Trauma) Buhuriyeho.

Kliniki, igikorwa kimwe gisa n'ikimenya - nk'amakondomu, umugore usambanyijwe n'umuntu utamenyeye, cyangwa ibiza by'amazi - bishobora gutuma umuntu agira PTSD. Complex PTSD (CPTSD) ni akanga: ivuka mu mvandimwe z'ibintu byinshi, zikomeza igihe kirenga, kandi zigaragazwa n'abantu, cyane cyane iyo zitaye ku mwana aho yajyaga asengeramo kugira ngo abeho. Iyi mvandimwe iva ku bintu bisanzwe biragaragaza ibimenyetso bya PTSD (ibitekerezo bitamwishije, kwirinda, guhunga), kandi ivuga: ububasha buke bwo gukora neza imimerere y'umutima, isobanuro mbi cyane ku muntu umwe, kandi ikigeragezo kirenga kugira uburyo bwiza mu buryo umuntu akorera abandi - kwemera abantu, guhura n'ibyishimo by'ubuzimungu, cyangwa no gushaka icyaba ari ubuzima bushoboka. kuko ururimi rwa template ntirwarangijwe neza.

Kategori.	**Iyi gahunda irimo ibintu byinshi, harimo:** *** Uburyo bwo gukora ubushakashatsi.** *** Uburyo bwo kwigira ku bahanzi.** *** Uburyo bwo guhagarika umwanda.** *** Uburyo bwo kugira imbaraga.** *** Uburyo bwo kubaho neza.** **Iyi gahunda kandi irimo:** *** Imiyoboro y'amashusho.** *** Amabwiriza.** *** Imyirondorongero.** *** Ibitekerezo by'abantu.** **Ushobora guhuza iyi gahunda n'ibindi bintu, nk'urubuga rwa internet cyangwa urundi rwego.**	**Impamvu y'uko byenda gutangwa cyangwa gucomekwa.**
Abuzimire bw'umwana.	Icyo gishinge ku kwicuruzwa cyangwa ukundi gutumiza umwana n'umuntu w'imyaka myinshi, uyu muntu ashobora kuba umubyeyi, umuvandimwe, cyangwa undi muntu utari mu muryango.	Igihe cy'umwana akora ibintu bibi, icyo gishingiro gishobora kuba gihinduka kandi gishyizwa mu rwego rwo guhunga, kenshi bitewe n'ubwoba, kwangirizwa, cyangwa ubushake bwo gutanga umuti. Ibi byinshi bisanzwe birimo ibyaha by’umwana, kandi akenshi ntibivuzwa na we—kuri buri wese, ndetse no ku muganga—mu myaka myinshi, igihe cyangwa n'igihe cyose.
Ibuza yitwararwa n'abavandimwe.	Ibuza bukane, iperereza, cyangwa ubushake bugeze ku gihe kirekire gukorerwa umwana n'umuvandimwe we ukuru cyangwa ufite imbaraga zirenze, - ni urwego rufite izina ryihariye mu byandiko byerekeye ibiza, kandi ruhagije ikibazo cyo kwemerwa.	Byimwe mu byakoreshwaga nk'ibintu bisanzwe, ndetse n'uwahuyeho akabivuga atyo, bigatangwa izina rya "gukundana nk'abavandimwe" cyangwa "amakimbira y'ubutore", kuko byari mu buryo bw'umubano hagati y'abarebana (peer relationship) aho kuba mu buryo bw'umubano hagati y'umwana n'umufasha we.

Kategori.	**Iyi gahunda irimo ibintu byinshi, harimo:** *** Uburyo bwo gukora ubushakashatsi.** *** Uburyo bwo kwigira ku bahanzi.** *** Uburyo bwo guhagarika umwanda.** *** Uburyo bwo kugira imbaraga.** *** Uburyo bwo kubaho neza.** **Iyi gahunda kandi irimo:** *** Imiyoboro y'amashusho.** *** Amabwiriza.** *** Imyirondorongero.** *** Ibitekerezo by'abantu.** **Ushobora guhuza iyi gahunda n'ibindi bintu, nk'urubuga rwa internet cyangwa urundi rwego.**	**Impamvu y'uko byenda gutangwa cyangwa gucomekwa.**
		Ibihumbi by'umuntu bidatanga umwanzuro ku buryo bwo gukorera ibintu. Gusuzuma ukundi, guhura n'ubukana no kutagira ubushobozi bigaragazwa nk'ibiza (trauma) nta kumvikanisha ko uwakoreye iyo mvandimwe yari umwana.
Ibyaha by'ubugizi bwa nabi.	Gukubita ku buryo bwo gukoresha ikintu cyangwa ibindi (nka amatayi, umwiko, umurongo w'umuyoboro, n'ibindi) bigira ingaruka, ubusanzwe, cyangwa bigamije kugira icyaha; gukubitwa n'intoki mu buryo butuma kwivuriza cyangwa kurema bitandye no gushyiraho ihame.	Iyi ntambwe yihariye, kandi irebana n'amateka y'umuntu, ishobora kuba ibintu byoroshye mu buzima busanzwe, bityo ko umuntu wari warayishizeho igikuba ashobora kutabyitera icyizere nk'ibyo gukorerwa n'ubugizi bwa nabi, ndetse no muri iyo ntambwe, umwihangira w'umuntu ushobora kumenyesha ko byaba bibi. Ibihe byo mu buzima busanzwe bidahindura ibintu umubiri yashizeho igikuba.
Ibuza myumaro n'ubugwari.	Kwihutirwa burundu, gushyirwaho intambara, kwogereranywa	Iyo ivuzwa ntibigaragara ku mubiri kandi ni urwego

Kategori.	**Iyi gahunda irimo ibintu byinshi, harimo:** *** Uburyo bwo gukora ubushakashatsi.** *** Uburyo bwo kwigira ku bahanzi.** *** Uburyo bwo guhagarika umwanda.** *** Uburyo bwo kugira imbaraga.** *** Uburyo bwo kubaho neza.** **Iyi gahunda kandi irimo:** *** Imiyoboro y'amashusho.** *** Amabwiriza.** *** Imyirondorongero.** *** Ibitekerezo by'abantu.** **Ushobora guhuza iyi gahunda n'ibindi bintu, nk'urubuga rwa internet cyangwa urundi rwego.**	**Impamvu y'uko byenda gutangwa cyangwa gucomekwa.**
	(gukoreshwa ijambo nk'uko papa wawe azaza akagira iki' nk'icyorezo gikomeye), guhagarika ukuri cy'umwana cyangwa imimerere ye, cyangwa gutekereza ko urukundo rwari rufite ingingo y'uko umwana agomba kugera ku byifuzo cyangwa kuba atavuga.	rurimo ibintu byumvikana nabi cyane, kuko ushobora kwagira umuntu wabyirebye akangira kuvuga ko 'ntacyo bigize' - mu gihe umwihuzi w'umuntu ukoresha imirimo ya gatoya nk'iyo yagirwa na gahunda zivuguruza, kandi ivuzwa niba ifite ingaruka nyinshi.
Guhindura kw'agakiza.	Umubyeyi ufite ubushobozi bingana ariko utanga umugisha ku mwana we—agashyikirwa abategetsi b'igikapu, ababyasitizi benshi, ishuri yisumbuye, cyangwa agahabwa ikarata imbere yo kumuha kwirinda—ndetse akaba atamubera hafi cyane mu ngingo z'umubiri cyangwa iz'imyemezamirimo. Uburyo bwo guhuza umwana n'ibintu bifite agaciro ahindura uburyo bw'ubwami.	Iyi kategori ni imwe mu zihari ku rutonde rw'ingenzi, kuko abantu benshi, ndetse n'uwahuyeho, batabyakira neza. Ibyo gutanga "wenda wifite byose" bigereranywa nk'impamvu ituma umuntu atemeye ko hari icyabaye cyangwa ngo abeho. Umwana adafata uburyo umwarimu amufitiye nk'ubwo umubyeyi amufitiye, kandi ntiyafata igiceri cy'amafaranga nk'uko afatwa no kuba yabonwa. Iyi kategori kandi isa na none na izindi ziri

Kategori.	Iyi gahunda irimo ibintu byinshi, harimo: * Uburyo bwo gukora ubushakashatsi. * Uburyo bwo kwigira ku bahanzi. * Uburyo bwo guhagarika umwanda. * Uburyo bwo kugira imbaraga. * Uburyo bwo kubaho neza. Iyi gahunda kandi irimo: * Imiyoboro y'amashusho. * Amabwiriza. * Imyirondorongero. * Ibitekerezo by'abantu. Ushobora guhuza iyi gahunda n'ibindi bintu, nk'urubuga rwa internet cyangwa urundi rwego.	Impamvu y'uko byenda gutangwa cyangwa gucomekwa.
		hirya hejuru: Umuryango ufite ubushobozi bwo gukoresha abandi mu kuvuza umwana, ni wo muryango ufite uburyo bwihariye n'umwanya mwiza mu mibereho, bituma ibindi bibi bidatanga. gushoborwa na uwo wese utari mu itsinda.

KWAGIRA UMENYESHEJWE.

Niba wavuze ururimi rw'ubugizi bwa magendo kandi wumvise uti "byari bibayeho mu gihe cyakera" cyangwa "burimunsi byajyaga bikorwa n'ibiti," uburyo bwo gushaka kumenya ukuri kuri iyo mvugo ni ingenzi. Ndetse, ntukwiye kuyikwiririza nk'impamvu nyabona. Ibyo byakozwe, ibintu byagendwagaho, cyangwa intego yari imbere, bidatanga icyiciro hagati ya "guhindura" no "ubugizi bwa magendo" bitewe n'uko byagaragaraga ko ari uko bigomba kuba mu gihe cyo, cyangwa uko umuryango wawe cyangwa ururimi rwanyu rwari rufite imyumaro. Ibyo birashyirwaho ibizamini bitewe n'ibyabayeho ku bwana bw'umuntu utari kubasha kwipangira, kandi utari kubasha kujya ahandi. Yumvise urwandiko rwavuzwagaho kuva mu ruganda rw’ababyeyi babuze abana, maze natekereje: "Ibyo si uko byagenda, njyewe nari mfite inzu nziza kandi ntakibazo cy'amafaranga." Iyo ni iyo mvugo ituma uburyo bw'ubugizi bwa nabi butazwi. Kwagira amafaranga no gusigara ntawe ufitiye umwana si ibintu byatandukana. Bishobora kuba, kandi bigenda, mu buzima bumwe bw’umwana.

Icyiciro cya 3 — Umubano hagati ya Mirundi n'ibikorwa by'ubwa.

Ibyivugo bya "Recovery Kernel" ku bahanini buri bumwe bugaragaza umushinga umwe kandi butandukanye, bugasobanura ibintu kimwe mu buryo butanduye. Ubwo bwundi burebure bwinshi buhagurutse hamwe, ushobora kumenya ko ikiciro nderimwo cy'ibitekerezo by'umuntu gishobora kugira ingaruka ku bahanini abantu bakoresha - si nk'amategeko atuma, ahubwo nk'umushinga utanga umuti.

Ibigize ibyaha.	Bishoborwa na	Ntabwo ndumva.
Abuzimburwa mu muryango / ibyaha by'ubusambanyi ku bantu bari bato.	Imyitwarire y'ubusore buhoraho, imiti itera uburumbuzi, cyangwa ibindi bitabaza.	Mu gihe umuntu agira ubushobozi bwo gukora imibonero y'ubuzima mu buryo butunganye, kandi aho uburyo bw'imimerere ya mboga (neurological) bumaze kugera ku mwiharuro w'umutuzo n'uburiro, umuntu ashobora guhagararwa no gushaka kurekurura ibintu byakozwe mu buryo butunganye. Imirire y'imiti itanga ubuzima (opioids) na benzodiazepines ifasha kugabanya impanuka z'ubwahembe kandi kurwanya uburiro bw'umuntu.
Ibuza y'umubiri hagati ya bavandimwe cyangwa ababyeyi.	Benzodiazepiniki, urukanya, cyangwa imiti y'ubuzima.	Ibihererezo byo mu mutwe umwana agira, bivuyemo guhura n'inziba z'ubwa mbabazi mu rugi rwo, bituma yumva buri kanya ko hari ikidakwiye, kandi iri "alarm" itagera ku mugongo. Iyo mvugo "always-on alarm state" ni yo Protocol 37 yitwaga - uburyo bwo guhura n'ibintu by'ubwa mbabazi umwana atamenyemo ko ashobora kugira amahoro.
Ibuza bukuntu / gushyiraho ibintu by'umuntu burundu.	Itorero, ibiyobyobye, cyangwa imiti y'ubuzima.	Iburangabu bukane bwo guhakana ibintu bituma umuntu agira ubwoba no kugereraho, kandi kandi bituma umuntu abura imbaraga, akaba atagatifuza, kandi uburyo bw'ibiyobyobyo bifasha mu gihe gito.
Kwihangayikirwa cyane kandi ku buryo bugeze igihe kigomba gukemurwa, bigatuma umuntu akora byinshi kugira ngo abeho neza cyangwa ngo atazayitirirwa.	Imiti y'ubuziranenge cyangwa imyuka itera ubujiji.	Uburyo bwo kwiyumvisha cyangwa gukemura ibibazo bya kirenga umuntu bituruka ku buzima butunganye cyangwa bigoye mu muryango, ni ukumenya ko kugira akazi nyene, guhora ubyaza intebe, cyangwa kugera ku byizere by'umwimerere byari bimwe ahandi hose uhasanga umutekano no

Ibigize ibyaha.	Bishoborwa na	Ntabwo ndumva.
		gukomezwa. Imirimo ituma umuntu wihagazeho (stimulants) igira icyo itanga nk'uko "Protocol 37" ibivuga, kandi ishobora kudasengana n'uburyo bwo gufata ibiyobyobye, ahubwo ushobora kuyumva nk'aho ugeze ku rwego umubiri wawe yari yarashatse kugeraho mu myaka ya mbere.
Ibyorezo by'imibonano y'ubugwari cyangwa ibindi bintu bifatwa nk'umuti, cyangwa imikorere myiza ituruka mu byorezo by'ubugwari.	Kratom.	Mu kugaragaza uko abantu bagomba gukoresha ibintu bituma umuntu yumva neza, haracyuye amakarato y'abantu batandatu. Ibi bintu byakozwe n'abaganga babiri bo mu Bufaransa. * Umugore w'imyaka 32 yatumye umwana we agira ibibazo byo mu nda. * Umusore w'imyaka 17 yagombaga gukora ujianwa, ariko yaraye atamenya icyo yakorera. * Umugabo w'imyaka 45 yari afite umutwe mwinshi. Ibi bintu byakozwe mu mwaka wa 2018.
Ibyago umuntu ashaka guhunga buri kanya, aho kugira ngo abishyizeho imbaraga.	Ketamine.	Ketamine Guide ivuga ko iyi ari imwe mu mpamvu z'impuzabikorwa: guhagarara k'umuntu (dissociation) ahanini bisabwe bigihe cyangwa bifashishwa kugira ngo umuntu abone uko arenga ibitekerezo bibi cyangwa ubuzima butamubera neza, aho kuba ko byakoreshwa gusa kugira ngo umuntu agabanye impungenge. Iyi mpamvu itandukanye kandi n'izindi zivugwa mu rutonde rw'ingenzi— ivuga kurusha uko umuntu yakoresha ibintu bitamufitiye akamaro— kandi ubuhanga bwo gufasha umuntu gukira bugomba kugeraho iyi mpamvu, ntibyo gusa kwirinda gukoresha iyo mvura.
Ibyorezo by'umubabaro bigatangirana n'imikorere yo gukora ibintu bitunganye, kandi	GHB / GBL / 1,4-BD	Ubwumena bwa GHB bwo kugabanya ibintu byinshi mu buryo bwa GABA-B bwubera ingirakamaro, kuko bushobora gufasha mu buryo

Ibigize ibyaha.	Bishoborwa na	Ntabwo ndumva.
aho intego itari kwihangana ahubwo ari ukugira ngo umuntu yitabe.		butandukanye n'uburyo busanzwe bwo kuruhuka. Iki gikorwareme ntikigomba kwihanganirwa, kuko ni uko umuntu yaba agiye kugira icyorezo cyangwa akagira indwara. Ariko kandi, igihe iki gihe gikomeye gitangajwe, by'ingenzi guhamya ko ari ingero z'ubuzima bw'umwana, aho gutanga ubwihanganire. Ibi byo bisaba ibisubizo bitandukanye kandi bigomba gushyirwa mu nguvu. Reba amasoresho yo kwifashisha igihe hari ikibazo, yagiye ahagaragara ku ijambo rya mbere ry'iyi chapitre, ndetse n'amategeko y'umutekano agomba gukurikiranwa muri GHB Guide ya Recovery Kernel.
Icyatuma umubiri utanga ibintu by'ingenzi.	Ibiribazo by'ubuzima bishobora kuba bituruka ku bahanini, ndetse n'imikorere y'umuntu (gukunda cyane imibonano, gukora buri kanya, kwifasha mu buryo bw'ikoranabuhanga).	Kugwa neza: Iburiri butemewe biterwa n'ibintu bitandukanye—uburiro bw'impungenge buhunguza umuntu kugushaka no kwiyegura, ubuziranenge buhunguza umuntu gushinga uburyo bwo kigaragara nk'uko ariko ntacyo. Ibi bintu byakomeza kandi bikagera ku bintu bitandukanye, niba ni ibirungo cyangwa imikorere.

I CYENGERO.

Iki tabeli ni ikiguzi cyo kwemeza indwara, ntikaba urubanza. Abantu bose bakoresha imidogositini (benzodiazepines) batagira amateka y'ibikorwa by'ubwa, kandi abantu bafite amateka y'ibikorwa by'ubwa batahagarika kubera gufata ibiyobyobyo. Ariko igihe iyo biheruka hamwe—kandi byaba ku buryo bwihariye ko iyi gahunda ifite icyiciro cyayo—gukorera gusa ku biyobyobyo kandi utarahagarika ikibazo cy'ibikorwa by'ubwa bitanga umusaruro usanzwe, ugeraho: ibiyobyobyo birarenga, ariko ikimenyetso cyari cyirangajwe ntikire.

Ingero ya 4 — Gushoza Ibyo Ukora Ku Mbuga Nshirahamwe: Imaski y'Ibijyanye n'Ikimenyetso.

Hari uburyo bwo gukora ibintu by’ubusebyu butatangwa umwanya nk'ibindi bibyore, kuko bidasobanutse ko ari ubusebyu kuva hanze—birebana nka gahunda buri wese afite. Gukoresha cyane amasayansi ya internet (social media) kandi bigaragaza ibyo bitewe n'impamvu imwe na hamwe n'uko gukoresha imiduri itera uburumbuzi (benzodiazepines) no kunywa inzoga: bidatanga ikibazo gisanzwe giherereye mu byo gutunganya, ahubwo. Aha kandi hariho impamvu z’ibyago.

Ibyo bibibandiko umubare w'ikiraro ushyiraho.	Iyi ntangiriro igaragaza uko ibintu byakozwe mu buryo bw'umwimerere.
Inama ya Centurian ya 14 (Gukwirinda Ibinyomvugo / Ubworozi bw'Ubwiyubashye): Ama platform y'inyomvugo yubatswe kugira ngo bwigarure ibyo bitwaye bya dopamine bifite imikundanyo nk'ibindi bintu - gukoresha uburyo bwo guhanwa butandukanye, urwego rwegatana n'ibyangombwa bigurishwa, kandi bikoranyijwe mu buryo bwumvikanwa ku rutonde.	Ibirere by'umubiri bidasobanutse uko umushinga ushobora gukorwamo. Umusaruro w'ibimenyetso ukomoka ku mvura, kandi wigize ibyorezo, washinzwe kugira ngo utangaze, kandi washatse ikintu cyo gufasha kugabanyiriza ubushyuhe, ashobora no gushaka telefone n'ubwihangane nk'aho yari yarashakaga icyo kintu. Uko gutanga umusaruro, hanyuma ukongera, ni uko byagenda.
Protocol 35S.d.6 (Gukoresha bidashoboka): "Uwo muntu utabasha guhagarika, atari uko afite ikibazo cy'ubushake. Ahubwo, ari mu rwego rwa byinshi byaratemewe kugira ngo agure amagambo ye yo guhagarika."	Ibi bishobora kuba byiza gusoma neza, cyane cyane iyo umuntu yaba yaratekereje ko gukurikirana ibintu ku murongo ari ikibazo. Kuko, nk'uko bigaragara mu Ibigize 35S.b (Ingabire ya 5), iki ni ikibazo cyo kwihanganira (imikorere) kandi kigezweho n'uko gishyizwa mu byiciro by'ikibazo cy'ubusumbanehe (umuntu).
Ibihanga byo kwivura (Ibirangamimerere 14): Gutora umutungo, kandi ukomeza gukoresha amasaha ane n'iminota mirongo itanu ku munsi kugira ngo usomye ibitekerezo cyangwa amavidewo y’ubuzima bwiza cyangwa iby'ibimenyana, ni icyitwa "guhindura umutungo mu buryo bwo kwihanganisha." Ibi ntibiba kuvura.	Iyo ureba ibitekerezo ku bijanye n'ibiza byabaye, kuvura, cyangwa kwiyubaka, bishobora kurebana nk'uko uri gukorera akazi, ariko mu buryo bukomeye, biba bigendereze gutuma utagira icyo ukora. Gutanga ibitekerezo bisimbura kugira ikibazo.
Ubwundi bw'akarengane (Centurian Paper 14): ni gahunda yanditsweho neza, igaragaza uko ibyumimerere by'umuntu biragenda buri cyumweru, aho ubwonotewe bwinshi butuma umuntu akoresha internet kugira ngo arebe uko ashobora kwiyubaha, kandi ikibazo gikorerwa ntikigendereho kuko nta ntego yashinzwe yo gushakisha ibisubizo.	Iyi ni imikorere yatumye bavuga ko "ntihagira igihe cyo guhuza ibisubizo by’ikibazo." Ibi bisobanuro bishobora kutaba ikibazo cy'igihe byari biteganyijwe. Igihe kiriho—bishingiyeho. Icyo gitangirwa ni ukuguhindura igihe cyo gukoreraho imikorere y’ikintu gikomeye (trauma) mu Cyiciro cya 7, aho kugihashyira mu byakoreshwa kugira ngo bigabanyire ibitekerezo.

KWAGIRA UMENYESHEJWE.

Iyo ibintu biri nk'ibi, ugerageza kuvuga ko ushimishijwe, ariko ukuntu umuntu abimenya ni uko yagize icyumweru cy'ibanga. Ibyo byose birashobora gutuma wumva ishyari – ikindi gituruka ku byo watsinzwe, kugeza kuri byo byinshi ugiye gushyikirwa muri iyi gahunda. Uburyo bwo kuvuga ko ushimishijwe ni icyumweru cy'ibanga. Ntabwo waragaragaye nk'umusazi kuko wasabye inkunga mu buryo bumwe bwihariye, umushinga wari umaze imyaka myinshi ufatwa n'abagabo benshi. Uwasabye inkunga ni

we ufite ubwoba. Ibyo ntibishobora kuba ibintu by’umuntu. Ni uko umubiri wawe yashakaga inkunga. — gushakira ibintu byoherereye kandi bigenda hashingi.

Ubuvuguzi bw'ubwihariye: Ese uburyo bwo kugurika buri kanya ni icyaba hari ikintu gikomeza?

Si igifuniko cy'uburenganzira - ahubwo ni ibibazo by'umutekano ushobora kwigiraho, nkuko Protocole 37 abibutangaza, kugira ngo wigaragaze icyo umushinga yari akorera.

- Telefon yanyu ni icyo mwihutisha kugira ko muhata ku gitumo cyanyu, mbere yo gufata umwanya wo kureba uko muntu.
- Niba gutembera (scrolling) hari igihe gishobora kuba ingero y'uburyo bumwe bushoborwa bwo kugabanyiriza ibimenyetso by'umwuka, nk'uko Protocol 37 yabivuga ku buryo bw'imiti ya benzodiazepine?
- Nabaheza.
- Uba wagira uwo mwanya w'igihe ukimara utabizi, kandi koko urya gihe ushobora kuba uri mu rwego rwa "kwitaba" cyangwa "gutazama" nkuko byavuzwe ahandi muri iyi chapitre?
- Abantu bamwe bagira ubwoba cyangwa bakunda guhamagaza ibintu by'umugisha.
- Yabaheze gutanga umwanzuro wo gukora ibintu nk'ugutembera muri internet aho kugira ngo wita ku muntu, kwitabira inama, cyangwa gutaha mu rwego rwo guhuza no gufasha (therapy), kuko byari byoroshye mu gihe cyo?
- Ibyo birashoboka.

Amajwi mashya makeme kandi ari yo, atari icyiciro cy'ibisubizo "yego", ntibishobore kuvuga ko telefoni ari ikibazo. Ibyo ni nk'uko ibyo byakozwe mu Cyandiko cya 1, aho i-benzodiazepine yari ikibazo. Aha, bisobanura ko ibisiganzo bifite uburyo bumwe: iki ni raporo y'ibimenyetso.

Ibuyobozi bwa Protocol 05 (Gukora Igitonde cy'Amahorerero) na Protocol 08 (Ubwumvikanye bw'Imbuga Nkoranyamagambo) mu gitabo gikuru - uburyo bwo guhindura ibintu, kugira inshynga ziba zitwara igihe kandi zigenda neza, gukora impinduka aho gukuraho gusa - ni umuti ukomeye. Ibyo ntibishobora kuba ahagaragara mu buryo bw'icyandiko cya 7. Bivuga ikintu kimwe n'uburyo icyandiko cya 5 kivuga ku kubika no guhindura: kurenganira urwego rwo gukomeza kugenda ugerageza kugerageza. bisa kugira ubushake bwo gukora akazi nyabwa.

Ingero ya 5 - Kuki imirimo y'ubuhanga bw'agakiza usanzwe ishobora kutabyitwara mu nshinga, kandi rimwe na rimwe irekurira ibintu neza.

Ibihumbi bibiri by'amakosa y'igihe ni ibintu bisanzwe kandi bigomba kuvugwa neza kuko byombi bishobora kwirindwa n'ubusabane bukwihariye.

Ibigo.	Impamvu y'uko byaba bimeze uko.	Ibyo byakoroshye.
Gutangira gukemura ibibazo by'umubabaro vuba cyane.	Muri iyo ntambwe yo gushaka "umuti w'ikibazo," akenshi igikorwa cyo guhuza umuntu n'ibyago (trauma) gitangira mbere y'igihe umuntu afite ubuzima bwiza mu mubiri no mu mibanire kugirango ashobore kwihangana – mbere yuko ibimenyetso byo gukomera bihagaze, kandi mbere yuko umuntu afite abamufasha.	Ibyavuga neza mu mwihugu w'umushinga wa Recovery Kernel: akazi kigenga ibyorezo (trauma) ntikwageze gutangira kera cyane umuntu atabaye umwuka kandi afite inzego z’ubukungu. Gutangiza akazi nk'ako kare cyane bishobora gukurura umuntu no kumugirira inzara y’ibiyobyobye. Kwishyira mu mwanya wo kwizihagaza, hanyuma ukurikizaho akazi kigenga ibyorezo—ntikubigereho, ariko ntikwageze gutangira kandi.
Ibyo byose bisobanura ko umuntu yagombaga gukora urwego rw'inyandiko rurebana n'imibereho ye, ntihazaba ibyiyumvire ku byakozwe cyangwa ibikomere.	Ibyo kwirebera mu byago (guhangana n'ibintu byakozwe) kugira ngo usobanuke uruhare rwawe mu byaha byakorewe abandi, ni ibintu bifite agaciro cyane mu kuvura uburaya. Ariko, iyo ugiye kuyongeraho uko byagenda kose, kandi utubahiriza amategeko, bishobora gutuma umuntu wari ufite ibikomere yibaza n'uko yagize uruhare mu byo yamaze gukorerwa.	Umwana washimuswe, ugombwa, cyangwa utangirijwe ubwoba, atayigizeho icyo aricyo cyose kandi ntiyagira 'uruhare' mu byaha byakorewe. Ibiranga no gushaka ibisubizo bigomba kugaruza umubano hagati y'ibyo umuntu yabayeho mu gihe yari afite ikizambi ('ibyaha nabimyeho') na 'ibyaha byakorewe umwana akiri muto'. Umukozi ushoboye cyangwa umuganga ufite ubumenyi bwihariye ku bijanye n'ibikorwa by'ubuzima (trauma) ni we ugomba gushyira mu mwanya ibyo yagombaga

Ibigo.	Impamvu y'uko byaba bimeze uko.	Ibyo byakoroshye.
		gukora mu byaha byakorewe umwana, aho kugena inama zivuguruza zishobora gufasha mu gihe cyo gushaka ibisubizo ku byaha byabayeho.

Icyiciro cya 6 — Reba kuri Protocole y'Uburemesha.

Reference	Iyi gahunda igatanga ibintu byinshi.
Protocole ya 37 — Ubuvugizi bw'ibintu bitandukanye.	I ndege y'ubugenzuzi ikizamara iyi chapitre yose imazeho: kugena ibimenyetso nk'ibintu byaratangiye, bidatanga umwaro w'indwara yenyine.
Protocole 35S.b — Iburangaza.	Bitegwa abantu bahuye n'ivangiro, benshi bakunda kugira ibyago by'agakiza kuko bavuyemo icyorezo cyari kitwabo. Gutandukanya hagati y'ubuzima ('ndatindiye icyo nakoreye' - imikorere, ishoborwa) n'icyorezo ('ndi umuntu mubi' - ubwese, byose). Inama ya "Kugira Uwo Usobanuriye Ibyabaye" ni inzindi zo guhuza abantu: gushyira mu rukundo umuntu umwe munani wamenya ibyabaye kandi ukomeze kumufasha.
Protocole ya 33 — Umuganga w'ibipimo.	Mu by’umwihariko, iyo umuntu wateye ibyago – umubyeyi, umuvandimwe ukuru – akaba ariho mu buzima bwawe. Buriya ni igihe cyo gushaka uburyo bw'guhangana n'ibyo bitekerezo kandi utabyangiza ubuzima bwawe. [Iyi gahunda ifasha guhuza ibigo byo kwivanga no gutunganya imikundiro, ntihagire umuntu uyirimbana cyangwa kugira ikimenyetso cy’umwuka.] * **Gushyira itandukaro:** * [Iyi gahunda ifasha guhuza ibigo byo kwivanga no gutunganya imikundiro, ntihagire umuntu uyirimbana cyangwa kugira ikimenyetso cy’umwuka.] * [Gushyira itandukaro ni ingenzi. Birashoboka ko ugomba guhagarika ibiganiro by'akanyamuneza, kwitaba amasaha yose, cyangwa gutanga amabwiriza.] * **Kugira icyo wiyumvamo:** * [Iyi gahunda ifasha guhuza ibigo byo kwivanga no gutunganya imikundiro, ntihagire umuntu uyirimbana cyangwa kugira ikimenyetso cy’umwuka.] * [Ushobora kubona ko ukeneye gukura mu buryo bw'imibonero y'ubuzima bwawe. Ibi byaba birimo kwiyandikisha ku buryo bushoboka, kugira ibitekerezo bitunganye, cyangwa kureba abaganga.]

Reference	Iyi gahunda igatanga ibintu byinshi.
	* **Gushyira imbaraga mu buzima bwanyu:** * [Iyi gahunda ifasha guhuza ibigo byo kwivanga no gutunganya imikundiro, ntihagire umuntu uyirimbana cyangwa kugira ikimenyetso cy’umwuka.] * [Ushobora kubona ko ukeneye gukura mu buryo bw'imibonero y'ubuzima bwawe. Ibi byaba birimo kwiyandik
Protocole ya 34 - Kwihashyikiriza mu Buryo Bukomeye.	Amabara y'ibitekerezo by'ubwa mugabo n'amakuru y'akanyama bifatwa nk'ibyemerera by'ubwonotewe bw'umwihangira, bidatanga ibimenyetso by'imimerere mbi cyangwa uko umuntu atwara. Ibi bintu bibuzweho kugira uruhare mu buryo bw'ibitekerezo by'akanyama byagaragazwa mu kwiyumburura kuva ku myinota y'umwihariko (complex PTSD).
Protocolo ya 05 (Gukemura Ubuguzi bw'Ibyuma by'Amagambo) na Protocolo ya 08 (Murandiko w'Ubwumvikane).	Ibiranga by'akazi mu buryo bwa "toolkit" ku gahandagazwa kirebwa (digital masking) mu Icyici cya 4: gukora ibikorwa bifatanyije n'ibindi, kugira inshyuro ziba zitangwa mu gihe cyumvikanye kandi zigendere ku bushake, no guhindura aho gukuraho gusa.
Centurian Paper 14 — Umwanzuro wo guhagarika gukoresha ibintu by'igitse (Digital Detox) / Uburyo bwo kwigana mu kugurira ibintu by'igitse.	Ibyavuga ku buryo amashusho ashyirwa kuri sosiyale bumvikana nk'ibintu by’inyandiko, no gutanga ibyiza, n'uburyo bwo gufasha abantu, kandi bifatwa nk'ibindi bituma umuntu yumva neza, ndetse n'ibyavuye muri Section 4: "Ibihindura Umuntu" (Self-Help Trap) na "Uburyo bw'Uburangazana" (Withdrawal Doom Loop).
Protocol 35S.d.6 — Gukoresha bidashoborwa.	Uburyo bw'ubuvuzi bwo guhuza gutanga amakuru yo gushaka ibintu uko se byaratemewe, aho bitagombwa kuba ikibazo cy'imbaraga z'umuntu, nkuko bigaragara neza mu Icyiciro cya 4.
GABA Braking Systems, Chapitero ya 10.	Uburyo bw'ubuhanga bwo mu buvuzi bushobora guhura no kuba umuntu yihangayikana cyane (hypervigilance) nk'uko byavuzwe muri Protocole 37, ni ukuba ibintu bifatwa nka GABRA2 na GABRB3 bigaragaza uko ubushobozi bwo kwirinda buhagarije. Ibi bimenyesha ko impamvu umwana umwe yagira uburyo butandukanye bw'ubuzima, kandi akaba afite ibihe bitandukanye byo gukoresha ibiyobyobye, ni kuko aho umuntu yakuriye ntibiba nk'aho byose.
Protocole ya 16 / C-25 — Umwirondo wo Guhagarara.	Ibyorezo, n'agahinda kenshi gashobora kwiyongera kuri byo, bituma umuntu atandukana n'abantu bagenziye, kandi ubu buhakaniro ni bumwe mu bintu bigomba kugira ngo umuntu abone kuvuka. Ibi bihuriye n'amateka y'ubugizi bwa nabi no gukura mu byinshi.
Protocol 20, Protocol 21, C-28 — Ibuye y’Ubwirondorere.	Kugushakira ubuzima bushya nk'umuntu ufite amateka y'ubusambanyaga n'ubwinini bwa ntibiterage byagutangiraho, kandi utaratanga icyiciro cy'ubuzima bwanyu ku kimwe muri byo—'ubwinini ni umugaburo umwe mu byinshi, bidatanga ibyayo byose.'

Reference	Iyi gahunda igatanga ibintu byinshi.
Recovery Kernel CSBD Guide, Icyiciro cya 5.	Iyo umuntu afite imyitwarire y'ubusambanyi ituma kumera uko, cyangwa iyo myitwarire itangira ahagaragara aho ntihagombwa ko hari ikindi gikoresho gishobora gutanga ibiyobyobye, kandi iki gihegeri gishingiye ku byo bamenyeshaga ku bushomeri bw'ubusambanyi (CSA), aya masezerano agaragaza neza uburyo umuntu ashobora guhinduka mu myitwarire ye.
Recovery Kernel Igitabo cyo ku Kanyanga ya Kratom, Umugabane wa 1.3	Ibyiciro bitatu by'abakoresha kratom bivugwa mu Icyandiko cya Kabiri (ibice 1 na 3) - bifasha kumenyesha icyo gukora cyangwa icyaba gikorera muri kratom, kandi kikigaragaza.
Iki gishoro cyo gufasha abantu kwirinda no kuvuka mu byaha by'imiti (Meth/Stimulant).	Ku bushoboro bwo kugera ku byizere byinshi kandi ukomeza kuba ufite ubwoba, uburyo bw'ubuhanga bwa iyi gahinduka bufatanya n'imibereho y'udopamine, ndetse na gahunda zo guhuza ibikomere.
Ibinyifuzo byo gukora ibikorwa bituma umuntu agira amahoro (Grounding Architecture).	Ku bushoboro bwo gukoresha ketamine kugira ngo umuntu agire ibitekerezo by'ubwoba, ivangiro, cyangwa uko amateka ye yari amaze kumugora, kandi uburyo bwose bwa serivisi iyi itanga buheruka guhindurwa kugira ngo bifite urwo rwego.
Iki gice gikubiyemo amabwiriza agufasha kugira ubuvuzi bw'umwana ufite ikibazo cyo gufata ibintu bitamunganye (substance use disorder) kuva ku ntambwe ya GHB. * **Uburyo bwo kwirinda:** * Iburane: Iburane ni icyiciro gikuru cy'ubuvuzi bw'umwana ufite ikibazo cyo gufata ibintu bitamunganye. Buri wese ufatira ibintu bitamunganye, ndetse n'ababyeyi babiri, abagabo, abakobwa, na benshi, bagomba kwirinda. * Ubuvuzi: Ubuvuzi ni ingenzi kugira ngo umwana afashe ikibazo cyo gufata ibintu bitamunganye. Ibiryo by'ubuvuzi birimo Recovery Kernel na	Soma iyi nkuru vuba, kandi igihe umuntu afite ibimenyetso by'ubusirimane bwa GHB kuko bigaragazwa mu mibere 1 na 3 hejuru. Gusorera ubushirikare bwa GHB ku bantu bakoresha cyane ni ikibazo gikomeye cyangwa ikindi gihombo, kandi kitandukanye n'ubuzima bw'umuntu bugereranyijwe muri iyi chapitre—igihe cyo kwirinda ibice bituma umuntu yagira impanuka ni byiza.

Reference	Iyi gahunda igatanga ibintu byinshi.
Naloxone. * Gukora imyitozo: Imyitozo yoroshye, nk'gukora yoga, ifasha umwana kugira ubuvuzi bwihariye. * **Uburyo bwo guhagarika:** * Iburane: Iburane ni icyiciro gikuru cy'ubuvuzi bw'umwana ufite ikibazo cyo gufata ibintu bitamunganye. Buri wese ufatira ibintu bitamunganye, ndetse n'ababyeyi babiri, abagabo, abakobwa, na benshi, bagomba kwirinda. * Ubuvuzi: Ubuvuzi ni ingenzi kugira ngo umwana afashe ikibazo cyo gufata ibintu bitamunganye. Ibiryo by'ubuvuzi birimo Recovery Kernel na Naloxone. * Gukora imyitozo: Imyitozo yoroshye, nk'gukora yoga, ifasha umwana kugira ubuvuzi bwihariye. * **Uburyo bwo gushaka inkunga:** * Iburane: Iburane ni icyiciro gikuru cy'ubuvuzi bw'umwana ufite ikibazo cyo gufata ibintu bitamunganye. Buri wese ufat	

Ingero ya 7 - Ibi bisobanura ko hakenerwa gufasha umuntu mu buryo bw'ubuzima.

Muri iyi chapitre n'ibindi byose byerekeranyweho, buri kimwe ni icyiciro cyo kwigisha: ubwongereza, umubare w'inyandiko, ibintu bifitanye isano n'ubuzima, no kuvuga neza ku buryo bushobora kuba nta numero yari ifite mbere. Nta kimwe muri byo gishobora guhuza uburwayi. Uburwayi bwinshi buvuyemo ivangiro ry'umwana, nk'ivangiro rishingiye ku mvandimwe, kuvunjirwa, cyangwa kwihanagizwa - si icyo umuti ushobora gukemura, n'ubwo yaba ufite amabere. Ibi bikeneye guhuza uburwayi bufite inyandiko zigaragaza ivangiro, kandi ntawizirikane wihariye utangwa mu kibonero cy'iyi chapitre - ahubwo ni igihe gikurikiye nyabona kigomba gukurikirwa.

Iyi ntendero yoroshye.
Ushobora kwifasha mu buryo bwa buri wese, cyangwa ushobora kugana umuganga.

*** Igihe cy'umunsi: 1-2 amasaha**
*** Imibereho: $0-$50**
*** Uburyo:**
  *** Gusobanukirwa**
  *** Gushakira ibisubizo**
  *** Kugira uwo mwagirana**
  *** Gutanga ubwiza**

[Iyi ntendero yoroshye.]
[Ushobora kwifasha mu buryo bwa buri wese, cyangwa ushobora kugana umuganga.]
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  [Gusobanukirwa]
  [Gushakira ibisubizo]
  [Kugira uwo mwagirana]
  [Gutanga ubwiza]

Imikorari ifite ibimenyetso byimbitse cyane, kandi igaragaza umusaruro, ku bushomerwa (trauma), atandukanye n'ubundi buryo bw'amasezerano, ni: EMDR (Eye Movement Desensitization and Reprocessing), CPT (Cognitive Processing Therapy), Prolonged Exposure, Somatic Experiencing cyangwa Sensorimotor Psychotherapy kugira ngo ushobore gukuraho ibimeneshahwa byo mu mubiri, ndetse na IFS (Internal Family Systems) - iyi mikorari yifashishwa cyane ku bushomerwa bwinshi kandi butangiranye, kuko ifasha umuntu kwibumbura no guhuza "inzindi nshya" umuntu yaratunga kugira ngo ashobore kubaho mu buzima budasanzwe. Umuganga w'ubuzima utifite ubumenyi bwihariye ku bushomerwa ashobora kuba mwiza kuri zimwe izindi, ariko iyi mikorari ifuza umuganga ufite ibiyago byemejwe kandi afite ubushobozi bw'umwimerere mu kuvura bushomerwa. Bitegwa kandi byumvikanywe kubaza

umuganga w'ubuzima ufashije (therapiste) atangaje ibyo akoresha mu kuvura ibibazo by’imihango y’amahirwe (complex trauma) kandi uko igihe kirekire afasha abantu bafite ibibazo byo kwivura imihango.

Kugira ngo umuntu abeho neza, ibintu byakozwe bigomba gukoranyima. Muri rusange, kubanza kwitwararika – mu buryo bw'ubuzima, iyo hari icyangombwa cyangwa se ikindi; mu buryo bwo guhuza abantu, kugira ngo umuntu abone ubufasha butuma yumva ko atari ukoje; no mu buryo bwo gukemura ibibazo by'umwani, kuko iyi liburari itanga ubushake – ni ingenzi cyane. Ibi bisanzwe bikorwa mbere y'akazi nyinshi ko guhuza ibice by'ubuzima bw'umuntu, kandi bidatanga umuti ku kibazo. Umuganga ufite ubumenyi ku bibazo by'imimerere ya gikomere (trauma) akeneye gushobora kureba neza niba iyi mvandimwe yoroshye ari ngombwa, ahubwo atangira akazi ko guhuza ibice by'ubuzima bw'umuntu.

Igihe iyo kwivuza mu buryo bugezweho bidashoborwa aho uri.

Buri wese afite amahirwe yo gukura umuganga ufite ubumenyi bw'ubuvumbuzi. Ariko, abantu benshi batagira iyo mimerere - ntibyo biterwa n'uko icyaha cyaba kitariho, ahubwo bitewe n'aho batuye, igiciro, cyangwa mu bihugu byo hanze aho politiki cyangwa imyumaro y'idini zishobora gutuma kwigisha iby'ubuvumbuzi, harimo no kugira icyaha cy'umuntu umwe muri familia, bitera ingorane. Iki kibazo ni gikomeye kandi kigaragara, kandi ngirango bisobanurwe neza aho abantu bagaragaza ubuvumbuzi babasha kubona ubuvuzi, ahubwo ntibigendere ku bantu bakeneye gufashwa cyane.

⚠ IBINDIZI.

Ubuvugizi n'ubuvuzi bufashijwe n'ikoranabuhanga (teletherapy) bugenda bigera ku mahanga kandi bushobora kuba uburyo bwihariye, buhagaze neza, bwo kugirana na muganga ufite ubushobozi bwo guhuza ibibazo by'umubiri. Ariko, si buri he aho ushobora gukoresha iyi serivisi cyangwa aho iba ifatwa nk'iyobewe kandi ihagaze neza, kandi ni bibintu bigomba kureberezwa mbere yo kuyikoresha, ntibyo bikorwe nyuma. Ubuvugizi bufashijwe n'ikoranabuhanga hagati y'ibihugu, ubwirondorero bw'amakuru, ndetse no kuvuga bimwe mu byo (nk'ubusambane, imvururirane mu muryango, cyangwa ibindi bitandukanye) bishobora kugira ingaruka zirenze uburyo bw'ubuvugizi. Ni ngombwa kureba neza amategeko yo mu gihugu aho usanzwe utuye no kwirinda ibintu byatanga ingorane. Binyuze ku muganga w'amategeko wo mu karere, umukozi usanzwe ufite ububasha mu karere, cyangwa, nk'uko bisobanurwa mu porogramu yitwaga "Recovery Kernel" yise "Global Legal Realities", hamwe n'ibitekerezo by'amategeko bifite ishingiro mu gihugu cyo—mbere yo kwemeza ko inkoranyamagambo ifite icyicaro mu kindi gihugu ari uburyo bwubahirizwa.

Iyo guhura n'umuganga w'ubuvuzi byaba intibonerezo—bitabagera ku bwinshi, bitarenze aho usanzwe batuye, cyangwa kuko nta bwumvikane buhari kugira ngo ubigireho—ibyitabo ni inzindi nzira zishoborwa kandi zifite imbaraga zo gukora ibintu by'ubwako, bidatanga icyizere gusa. Ibi bitaweho izina ry'ubuvuzi bwo guhuza amagambo (bibliotherapy), kandi hari ibisobanuro byemejwe ku

bushoborwe bwabyo, cyane cyane mu kuvura ibikomere. Ntabwo bizahindura icyo umuganga w'ubuvuzi ufite ubushobozi bwinshi, cyane cyane mu gukora akazi kirekire, ariko dushingiyeho, ushobora kuba uwayoboye ubwako—gushyira hamwe ibitekerezo, imigize, no kwiyumvisha ko udasanzwe, kandi byenda bigomba kubanza kugera ku bintu biruta ibindi. Ubu buryo bwo guhuza imirimo y'ubuhanga n'imibereho bwafasha mu kuvura. Imyirondoro myinshi itangaza ko ibitekerezo by’ibanze kuvura uburaya bukomeye birimo: "The Body Keeps the Score" na Bessel van der Kolk, "Complex PTSD: From Surviving to Thriving" na Pete Walker, ndetse na "Adult Children of Emotionally Immature Parents" ya Lindsay Gibson. Ariko kandi, ubushoborwe, ishusho, no kuremwa kw'ibitabo by’umwimerere bitandukanye mu bihugu bitandukanye, kandi bishobora no kuba atubahirizwa mu gihugu cyo. Ibi bisobanuro bigomba kugaragazwa mu buryo bukurikiranijwe mu gihugu cy'umuntu, aho kugira ngo bikorweho ibisubizo by’ubwato.

UDUKIRIMENYETSO

Niba gahunda y'ubuvuzi ntirashoborwa muri iyi minsi, kandi nta byo bitumvikana ko ibikorwa byavuzwe mu rurimi rwiyi chapitre bidashoboka—bishatse kuvuga ko intambiro itangira atari imwe. Gutanga akimenyetso maze gusoma urubuga ntacyo bituma—bishatse kuvuga ko uri we ugiye gukora ibikorwa. Ibyo kandi bigaragaza ko wagiye utekereza.

UDUHAME

Byose byabayeho kuri wewe ntibwari icyaha chawe, mu buryo hose bwabyagenze kandi uwo waba yarayihereye. Iyo poroteni, iyo yabayeho, ntabwo yari ikibazo gikomeye – yari umuti uwundi mwili wawe yashakaga kugura ku kibazo cyatangiranye mbere y'iyo poroteni. Kugira uwo mutwaro mu magambo, nkuko Protocol 37 abisaba, si uko byarangiriyeho. Ariko ni igice cya mbere cy'akazi kizasozwa n'umuganga mwiza ufasha abantu kwivura imikunanyo.

ICIBEREGWA CYA NYAKIZA - IBINTU BY'UMUTIMA BIRENZEYE N'UBWOVU.

Ibi bimenyetso ntibishobora guhindura umugambi w'ubuvuzi bw'imikundiro.

Ibyiciro byo gufasha mu gihe cy'akaga: findahelpline.com (Umurongo wa telefoni n'ubutumire, mwitwarize cyangwa mumandike) | Umwirindiro w'igihugu ku bijanye no gukomerwa n'abantu: 1-800-656-473 | Gutumira ubufasha mu butumire: Ndinda "HOME" kuri 741741.